

Quick Reads

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Iowa scores well in emergency preparedness

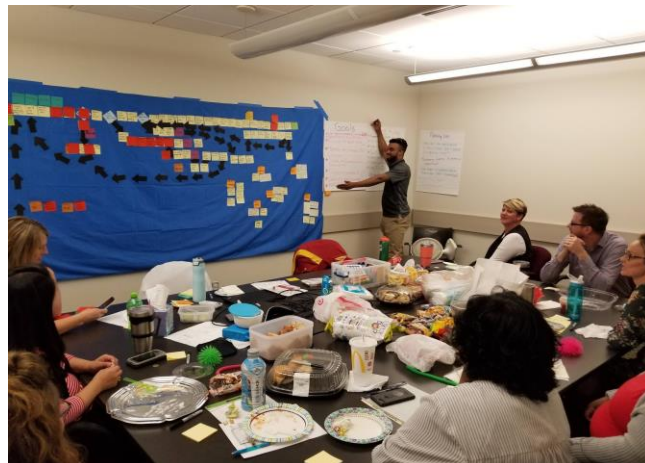
According to the [National Health Security Preparedness Index](#), Iowa's overall health security level reached 6.8 out of 10 in 2018, a 3.0% increase from 2013. The national average is 6.7. Health security levels in 2018 significantly exceeded the national average in three domains: Incident & Information Management, Countermeasure Management, and Environmental & Occupational Health.

Youth tobacco prevention advocates gather

Middle and high school youth from 25 counties gathered May 7 for the annual Iowa Students for Tobacco Education and Prevention ([ISTEP](#)) summit. [Victor DeNoble](#), the first whistle-blower to testify before Congress about his research in the tobacco industry, delivered an inspiring message and sophomore Talbot Mastio of Newton was elected 2019 ISTEP president.



ISTEP summit attendees gather for a group picture



Sticky notes and snacks fuel the creativity of the IDPH Bureau of Health Statistics QI adventure

The adventures continue

IDPH's culture of performance improvement continues to grow. Two quality improvement adventures were completed in May. The Bureau of Health Statistics pulled together a team to ensure filed marriage certificates are reviewed and archived in a timely manner. In another adventure, a team of IDPH staff from across all areas focused on creating a streamlined process for posting data to the Data Tracking Portal. Currently, seven more adventures are scheduled through August!

Stay up-to-date on legislative news

The 2019 Legislative session may have just adjourned, but work has already begun on IDPH's priorities for next year. Department leadership will be scheduling meetings with partners and stakeholders on topics important to them and state legislators. I encourage you to stay up-to-date on legislative matters year-round by subscribing to the [IDPH Legislative Update](#).

Cherokee County engages community to tackle obesity

According to Robert Wood Johnson's [State of Obesity](#) report, Iowa has the fourth highest adult obesity rate in the nation at 36.4%. This public health concern was the largest concern noted in Cherokee County's 2016 Community Health Needs Assessment and the county created an objective to reduce its 2016 rate of 33% to 30% by 2021.

Strategies to meet this objective include a community run/walk and weight loss challenge, as well as promotion of nutritional awareness, county bike trails and existing health groups and agencies. Collaborating with local businesses and agencies, as well as a group of Iowa State University students, the county is beginning to see positive signs in its efforts. The 10-week community weight loss challenge, for example, generated 28 teams of 251 individuals, who lost 1,205.9 pounds – 3% of the combined total body weight! If you'd like to learn more about Cherokee County's successes and lessons learned, contact Public Health Supervisor [Sara Wester](#).

Stay informed; share your story

Contribute a news item or smart practice by [email](#). Get more IDPH news and information by subscription through [Granicus](#). For IDPH topics, scroll down to "Public Health, Iowa Department of."



[Lee County Public Health's](#) "Live Healthy @ the Market" events (pictured above) promote [area](#) health and wellness. Special giveaways, like Market Bucks, help promote healthy choices.

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IDPH Director Gerd Clabaugh and HHS Region VII Director Jeff Kahrs (pictured above) met this month to discuss a variety of state and federal public health issues, including opioids and healthcare-associated infections.

IDPH spotlight: Diabetes Prevention & Management

The CDC estimates 1 in 10 people have diabetes and 1 in 3 people have prediabetes. In Iowa, nearly 300,000 (9.6%) adults Iowans have been told by a doctor that they have diabetes. The IDPH [Diabetes Prevention & Management](#) program provides education and promotes awareness of diabetes and self-management programs through training for health care providers.

The number of recognized diabetes prevention [programs](#) in Iowa has grown from fewer than five in 2015 to over 30 in 2018. As of January 2018, more than 2,000 Iowans have participated in one of these programs in the state; more than 11,200 Iowans with diabetes have enrolled in a self-management comprehensive education program.

Congrats and kudos

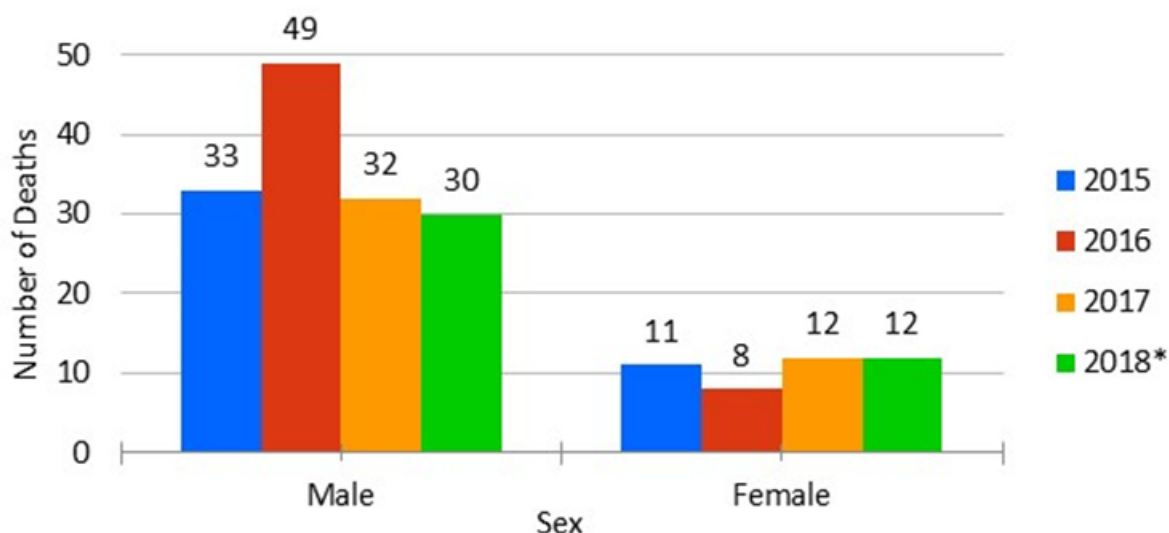
Congratulations to IDPH Dental Director, Dr. Bob Russell, who not only was a featured speaker at Drake University's commencement, but received his Master of Public Administration degree as well.



Monthly data snapshot

Data are essential to the practice of public health. Each month, Quick Reads highlights selected tidbits to help create awareness of IDPH data and epidemiology.

Iowa Drowning Deaths by Sex 2015 - 2018*



According to the Centers for Disease Control and Prevention (CDC), drowning is the fifth leading cause of unintentional injury death for all ages. Injuries or accidents commonly occur due to lapse in behavior or physiological restrictions. IDPH uses gender to identify the most at-risk groups for drowning, and focuses our prevention efforts on those groups. Data reveals a significant difference in drowning numbers in men compared to women. June is both Men's Health Month and Drowning Prevention Month. More information on men's health can be found [here](#). More information on drownings and prevention can be found [here](#) and [here](#). Questions or comments about IDPH data can be sent [here](#).

Note: 2018 data is preliminary and not finalized.

Antibiotic resistance has been found in every region of the world and in every U.S. state.

The Iowa Department of Public Health, the State Hygienic Laboratory, and the National Institute of Antimicrobial Resistance Research and Education commit to continuing to develop standardized case and outbreak investigation protocols for resistant organisms.

Challenge accepted

IDPH is proud to be part of the CDC's [Antimicrobial Resistance \(AMR\) Challenge](#) and encourages our public and private partners to join, as well. The AMR Challenge launched at the U.N. General Assembly in September 2018 and organizational commitments can be made through September 2019.